

Circle Breathing

Dr. Joan Borysenko

It is up to you- whether to practice stress or to practice peace! Consider taking the road to relaxation and letting go of the stress... Take 5 to 10 circle breaths. Soon your mind and body will shift into circle breathing on a automatic basis when you may be feeling off kilter, uptight, nervous and distressed. It helps to practice the circle breathing frequently- 10 times a week, so that it becomes a habit and part of your daily routine!

- 1. Inhale, and stretch your arms over your head, and give a sigh of relief and lower your arms as you exhale. Relax and keep your arms lowered for the rest of the exercise.**
- 2. Imagine that you're inhaling a stream of peaceful energy into a spot a few inches below your navel.**
- 3. Inhale the warm stream into the base of your spine, and then imagine it traveling up your back to the top of your head.**
- 4. Exhale, and mentally follow your out breath down the front of your body to the point below the navel where you'll begin the next in breath. Your breath has now made a full circle up the back of your body, down the front, and back to the starting place below your navel.**
- 5. Continue this breathing pattern for 5 to 10 breaths. You can also use circle breathing for a longer period as a relaxing form of meditation.**